

ROOM TO BREATHE

**Every season, a day to stretch
your legs, mind and heart**

The next walk is:

Winter

Saturday 13 January, 2024

9.30 am – 4.00 pm

at Grassington BD23 6BQ:

Then:

9 March, 22 June & 28 September, 2024

**Company to walk, talk,
and think things through,
with the help of skilled therapists**

Each day costs £49, or £147 for four days

NHS, Education, Public Sector workers

Reduced fee: £20 per day, or £60 for four days

For more details and to book a place

email or ring Chris Powell on

walk@spark.uk.net or 07817 089352